

Mayo Clinic Medical Edge

What is TMJ/TMD?

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>HOW MANY TIMES DO YOU OPEN AND CLOSE YOUR MOUTH IN A DAY? PROBABLY A LOT. SO HOW DO YOU THINK YOU'D DO IF EVERYTIME YOU OPENED YOUR MOUTH, PAIN SHOT THROUGH YOUR FACE?</p>
<p>Chris Viozzi, M.D. Track 5 (:30 & 1:40)</p>	<p>"THE TEMPOROMANDIBULAR JOINT IS THE JOINT THAT IS IN-BETWEEN THE LOWER JAW AND THE BONE OF THE SKULL. MUCH LIKE YOU CAN TWIST YOUR KNEE, YOU CAN TWIST YOUR T-M-J TOO. "</p>
	<p>DR. CHRIS VIOZZI IS AN ORAL AND MAXIOFACIAL SURGEON AT AMYO CLINIC. HE SAYS NORMAL WEAR</p>

	<p>AND TEAR, GRINDING YOUR TEETH, STRESS AND INJURY ARE JUST SOME OF THE WAYS YOU CAN DEVELOP PROBLEMS WITH YOUR T-M-J. PROBLEMS LIKE CHRONIC PAIN, TROUBLE OPENING YOUR MOUTH, EVEN LOCKING OF THE JAW.</p>
<p>Dr. Viozzi Track 5 (5:45)</p>	<p>“PATIENTS WITH MILD DISEASE MANY TIMES DON’T NEED ANY TREATMENT OTHER THAN TO SAY YOU’RE NOT A GOOD CANDIDATE TO CHEW PRIME RIB, YOU’RE NOT A GOOD CANDIDATE TO BE CHEWING GUM.”</p>
	<p>DR. VIOZZI SAYS THAT WORKS FOR THE MAJORITY OF PATIENTS WITH MILD DISEASE. MORE SERIOUS CASES MAY REQUIRE MEDICATIONS OR EVEN SURGERY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>